



THE UPDATE

Alcoholics Anonymous Sarnia/Lambton District 14

Issue 09 ~ SPRING 2025 ~ newsletter@aa-sarnialambton.com

Welcome to the Spring Edition of the Update. As the days get longer and the weather warms up, we're reminded of the beauty and renewal that spring brings. Birds are chirping, the sun is shining, and even the rainy days hold a sense of quiet reflection. This season is a perfect time to refresh our spirits and continue focusing on our recovery journey.

In this edition, we continue our exploration of the foundational principles that guide our fellowship. We will take a closer look at the core traditions of Alcoholics Anonymous and the principles they embody, offering insight and inspiration as we move forward in our shared journey of growth and healing.

This month, we focus on the principles behind Tradition 3, Tradition 4, and Tradition 5. These traditions are the cornerstones of how we function as a fellowship, and understanding their deeper meaning can help us strengthen both our individual and collective commitment to recovery.

Let's dive into these traditions and explore the wisdom they offer, guiding us toward greater unity, service, and self-awareness.

Stay inspired, and may this season of renewal encourage us all to deepen our recovery and our connection with one another.



Upcoming Events

March 28-30, 2025 - Spring Assembly
Oakville, ON

July 3-6, 2025 - International Convention
Celebrating A.A.'s 90th Anniversary!
Vancouver, BC

August 8-9, 2025
ODAAT Campout
Lakewood Christian Campground



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A DESIRE TO STOP DRINKING

TRADITION THREE

~ MARCH ~

The only requirement for AA membership is a desire to stop drinking.

ELIGIBILITY

Long Form:

“Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

Tradition Three states the only requirement for AA membership is a desire to stop drinking. This principle allows for new and returning alcoholics to feel welcomed into the program. This tradition also reflects AA's core value of unity. By accepting anyone with a desire to stop drinking, AA promotes a sense of equality among members. It creates an environment where individuals feel accepted and supported without fear of judgment or exclusion.

This was evident after I returned to AA following a 1-year relapse. Prior to relapsing, I had 2 amazing years of sobriety. However, one day I listened to the voice in my head saying, “you can have just one”, and it was off to the races. When I returned to my first meeting, I felt ashamed, however I was greeted with love and welcomed back with open arms. I am now 27 months sober and grateful to the welcoming arms of AA.

~ Jamie M.

Tradition Three Prayer

Higher Power, help me let go of my fear and expectations in my desire for healthy and loving relationships. Grant me courage to be honest, open-minded, and willing to acknowledge healthy boundaries as I accept myself and others.

~CoDA.ca



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This simple yet profound principle speaks to the power of acceptance. It encourages us to welcome anyone who is ready to embrace recovery, regardless of background, beliefs, or past struggles. Tradition 3 highlights that our fellowship is built on inclusivity, compassion, and a shared commitment to healing. As we work through our own recovery, let's remember that this tradition not only opens the door for others but also reminds us to accept ourselves—imperfections and all—on our journey to growth and renewal.

~ Jamie S.



What exactly is "Desire"?

That word "Desire" has always struck me as odd. We see and hear it at every meeting in the 3rd tradition of this program. "The only requirement for Aa membership is a "DESIRE" to stop drinking", but it still catches me off guard sometimes. Before AA "Desire" had all sorts of lurid implications. Desire was the kind of word you only saw in romance novels where the main characters were living lives that were so outside of the scope of my reality. It felt unattainable, unnatural for me. Much like the word "Sobriety" in the end.

It's interesting how our understanding of every day words can change as we continue to grow. Desire is still a really exciting word but it's exciting in an entirely different way! I now desire to experience my life, to have a life. I desire to enjoy the people I have met on this journey who share my passion for living life unencumbered by substance abuse. I desire JOY!

It's fair to say that "desire" took a while for me to understand. It really is about longing for something more, something better. It took sobriety for me to learn that these things that felt unreachable were now possible...if we put the work in.

~ Hilary W.



Have immediate access to local meeting times and locations. Download the **Meeting Guide** app to keep you connected to the program.

Don't Drink & Go To Meetings





DISTRICT 14, AREA 86 SERVICE POSITIONS

General Service Representative (G.S.R.)

THE GSR PREAMBLE

"We are the General Service Representatives. We are the link in the chain of communication for our groups with the General Service Conference and the world of A.A.

We realize that the ultimate authority in A.A. is a loving God as He may express Himself in our group conscience. As trusted servants, our job is to bring information to our groups in order that the group can reach an informed group conscience. Passing along this group conscience we are helping to aintain the unity and strength so vital to our fellowship.

Let us, therefore, have the patience and tolerance to listen while others share, the courage to speak up when we have something to share, and the wisdom to do what is right for our groups and A.A. as a whole."

~ area8aa.org

The role of the general service representative, or GSR, is essential to the purpose of general service. Bill W. wrote in Concept I of The Twelve Concepts for World Service: "The A.A. groups today hold ultimate responsibility and final authority for our world services." The role of the GSR is essential to ensuring that groups can fulfill that responsibility. Only when a GSR keeps the group informed and communicates the group conscience can the Conference truly act for A.A. as a whole. This communication is a two-way street, making the GSR responsible not only for bringing forward the group's voice, but for taking back to the group Conference actions that affect the Fellowship's unity, health and growth.

So what is the role of a GSR? The GSR is the link between the group and "A.A. as a whole." This link becomes a channel through which news, information, opinions and ideas can flow back and forth. Importantly, this also gives the group a voice in the affairs of the Fellowship. The GSR is that voice.

~ A.A. Service Manual



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I CHOSE NOT TO DRINK TODAY

If you would like to share with the fellowship of Alcoholics Anonymous by submitting a story, joke, cartoon, announcement, event, or information, please reach out to:

newsletter@aasarnialambton.com
Newsletter Chair: Jamie S.

The Third Tradition

"I chose not to drink today."

This is the choice we make when we come to AA, unknown to us then, that this is a tenent of the program.

We come because we want to become and remain sober.

But how does one do that? Sitting in the rooms of AA is the best way. Listening to the successes and failures of others, commiserating and rejoicing with newfound friends, is how I choose not to drink today. It has given me clarity in understanding complex situations that in the past I could not comprehend. I have money to pay bills and still save for future luxuries.

Every meeting I attend, I learn something that reinforces my desire to not drink today. The best way to not drink today is whatever works for you. Perhaps it is reading the texts available. Maybe it is the companionship of others, and for some, it may be knowing that thousands of sufferers have survived 24 hours, and if they can do it, who am I to let the side down?

Whatever your motivation, you only have to not drink today. You can do it.....because we do everyday.

~ Honour M.



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Don't Drink & Go To Meetings





AUTONOMY & RESPONSIBILITY

A man crawled out from under a pier and staggered down the beach checking bottles for a drink...bottle after bottle turned up empty...finally he got one and pulled the plug and out popped a genie...the genie says, "Man, I have been in there 3500 yrs, thanks for letting me out, you now get two wishes".

"I want a bottle of wine that never runs dry!"

proclaimed the man. * POOF *

In his hands was the everlasting bottle of wine

he took a big slug and the bottle refilled itself

"Wow" he said.

"And for your second wish..?" asked the genie.....

He thought for a moment and asked....

"You got another bottle of wine just like this one?"

Jokes

A drunk guy in Alaska decides to go ice fishing. So he packs up his stuff and goes out onto the ice.

He starts sawing a hole in the ice, and a loud booming voice says, "YOU WILL FIND NO FISH UNDER THAT ICE!"

The drunk looks up, ignores it, and continues on. The voice repeats, "YOU WILL FIND NO FISH UNDER THE ICE."

The drunk looks up and says, "God? Is this God trying to warn me?"

The voice says "NO, I'M THE MANAGER OF THIS ICE RINK."

TRADITION FOUR

~ APRIL ~

Each group should be autonomous, except in matters affecting other groups or AA as a whole.

AUTONOMY

Tradition 4 Grants AA Group Freedom With Responsibility to the Whole

Each 12-step group has complete freedom to decide for itself the program content of its meetings and the topics that will be discussed. The group can decide if the meeting will be open or closed and when and where the meeting will be held. Each group can decide to change its meeting format and has complete authority to spend its funds as needed.

The group can also decide how it wishes to begin and end its meetings. Some groups close with a prayer, while others have a moment of silence. In all of these matters, each group has total freedom. It is entirely up to the membership of that individual group.

But the second part of this tradition reminds each group that it has a responsibility also to the worldwide fellowship and other groups. By adhering to the traditions and principals of its program, each group can assure that it will not stray too far away from the program's basic tenets.

~ verywellmind.com



Thank you to everyone that contributed to The Update

You are appreciated! When you share honestly about how this program changed your life, you have a chance to plant the seed of recovery and hopefully change someone else's life too.

Thank You



BIG BOOK TRIVIA

What page of Alcoholics Anonymous explains the concept of Acceptance?

Page 417

What is the distinction between the alcoholic and the non-alcoholic?

"If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic." P.44

If we are planning to stop drinking, there must be what?

"No reservation of any kind, nor any lurking notion, that someday we will be immune to alcohol." P.33



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Don't Drink & Go To Meetings





CARRYING THE MESSAGE

TRADITION FIVE
~ MAY ~

CARRYING THE MESSAGE

EACH GROUP HAS BUT ONE PRIMARY PURPOSE: TO CARRY ITS MESSAGE TO THE ALCOHOLIC WHO STILL SUFFERS.

“Thus it was that under Tradition Four an A.A. group had exercised its right to be wrong. Moreover, it had performed a great service for Alcoholics Anonymous, because it had been humbly willing to apply the lessons it learned. It had picked itself up with a laugh and gone on to better things.

Even the chief architect, standing in the ruins of his dream, could laugh at himself—and that is the very acme of humility.”

PAGE 149, TWELVE STEPS & TWELVE TRADITIONS

The primary purpose of any 12-step group is to carry its message and give comfort to others who are still suffering. This is spelled out in Tradition 5.

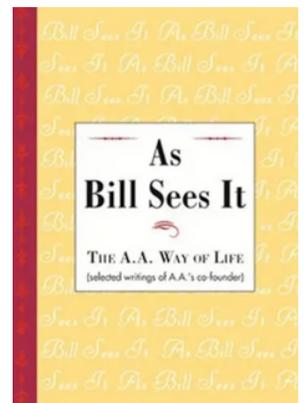
Individual members bring their own needs into the 12-step rooms, and each progresses through the journey of recovery at their own pace. Everyone is different. Each member has a personal reason for coming back week after week.

But as a group they have but one purpose, to reach out to others who are still suffering. Their purpose is to share with others the experience, strength, and hope that they have found inside the rooms.

An old-timer was once asked why he kept coming back after all these years. His answer was simple: "Because there was someone there for me when I came through those doors."

~ verywellmind.com

A source of comfort and inspiration, this collection of Bill W.'s writings addresses themes such as acceptance, gratitude and spirituality. Excerpted from the Big Book, the "Twelve and Twelve," Grapevine and other AA literature. With a topical index to help guide reading and discussion.



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We celebrate our recovery milestones together in the fellowship of Alcoholics Anonymous. It brings hope to the newcomers and builds unity in our A.A. community!

HAPPY
birthday

MARCH

Chipper R. ~ Forest Lakeside Group ~ March 3, 1994
Laurie W. ~ Wednesday Night Group ~ March 7, 1989
Lisa V. ~ Sunday Morning Group ~ March 9, 2024
Mark V. ~ Downriver Group ~ March 11, 2022
Ian F. ~ Forest Lakeside Group ~ March 12, 2024
Patricia C. ~ St. Georges Group ~ March 14, 2009
Jamie S. ~ Serenity by the Lake ~ March 16, 2019
Kevin M. ~ St. Georges Group ~ March 21, 2021
Paul D. ~ Came to Believe ~ March 22, 2019

APRIL

Butch M. ~ Hub Group ~ April 1, 1978
Gary M. ~ Lake Huron Group ~ April 3, 1991
Line M. ~ Forest Lakeside Group ~ April 6, 2003
Mike W. ~ Forest Lakeside Group ~ April 7, 2019
Bo O. ~ High Noon Group ~ April 15, 1978
Julie K. ~ Came to Believe ~ April 21, 2016
Brian W. ~ Men's Group ~ April 24, 2010
Joel T. ~ Sunday Morning Group ~ April 27, 2024
Lynne W. ~ Serenity by the Lake ~ April 29, 2004



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HAPPY
birthday

MAY

Chris B. ~ Serenity by the Lake ~ May 5, 2020
Wayne J. ~ Wednesday Night Group ~ May 6, 1987
Ann B. ~ Hub Group ~ May 16, 2016
Justin S. ~ Downriver Group ~ May 18, 2012
Helen D. ~ Lake Huron Group ~ May 18, 2018
Shirley B. ~ High Noon Group ~ May 19, 2019
Monica B. ~ Came to Believe ~ May 21, 2016
Chris C. ~ Wednesday Night Group ~ May 24, 2016
Jack M. ~ Hub Group ~ May 25, 1980
Bob S. ~ Downriver Group ~ May 30, 1980

**** Please note: Birthday Announcements can only be included in the newsletter if each group's GSR submits an updated list to Jamie S. at newsletter@asarnialambton.com ****



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